



## **Arizona Women's Health Week – Healthy Tips**

### **1. Physical Activity - "It's Your Time to....Get moving"**

With the U.S. obesity rates on the rise, maintaining a healthy weight through regular physical activity is one of the best things any woman can do to improve her health status. If you are active, keep moving. If not, start slow by walking 4 days a week for 20 minutes. Ask friend or loved ones to join you for support and motivation.

### **2. Diet/Nutrition - "It's Your Time to...Cut the Fat"**

Heart disease may be the leading cause of death for women, but that doesn't mean you have to accept it as your fate. Eating a diet rich in fruits, vegetables, whole grains and low-fat dairy products that can help protect your heart. Start by limiting food with a high fat content such as beef, butter, and cheese. Then, set a goal of 5-10 servings of fruits and vegetables a day.

### **3. Stress - "It's Your Time to...Breathe"**

Prolonged stress is linked to headaches, back pain, heart disease, high blood pressure, disrupted sleep, and decreased immunity. Consider meditation as a tool to repair the toll that stress takes on your mind and body. While there are many different ways to meditate, the goal is the same — inner peace. Start with 5-10 minutes breathing deeply and slowly to wash away stress, and move on to progressive muscle relaxation.

### **4. Preventive screenings - "It's Your Time for...A check up"**

It is important for women to get regular checkups to maintain health and become awareness and overall wellbeing. Screening tests such as mammograms and Pap tests can find diseases early, when they are easier to treat. Develop a relationship with a primary care physician and schedule well-women exams annually to stay aware of your health.

### **5. Tobacco Cessation - "It's Your Time to...Quit"**

Smoking is the leading cause of lung cancer which kills more women every year than breast cancer. Smoking can also increase the risk for heart attack, stroke, osteoporosis, and some cancers. Even though it may take 2-3 tries before you successfully quit smoking, the health benefits are amazing. After only 1 month coughing and shortness of breath decrease, and after 1 year the heart disease decreases by half.

### **6. Osteoporosis: "It's Your Time to...take care of your bone health."**

Approximately 8 million American women suffer from Osteoporosis; however it can be prevented by eating a balanced diet that includes plenty of calcium and doing weight-bearing and muscle-strengthening exercises such as walking or lifting weights."

### **7. Sleep Health: It's Your Time to ... get some sleep.**

If you are fighting sleepiness during the day or have been told that you snore, you may be one of the 18 million Americans with Sleep Apnea. This and other sleep disorders can be potentially serious, but the good news is that they can be treated. Talk to your doctor if you feel you're not sleeping as well as you should.

### **8. Healthy Pregnancy: It's Your Time to ... give a healthy life.**

A healthy pregnancy actually begins before you get pregnant. Preconception care, including making healthy food choices, being physically active, quitting smoking and avoiding alcohol, can improve your chances of becoming pregnant and having a healthy baby.

### **9. Heart Health: It's Your Time to ... love your heart.**

Many people don't realize that heart disease is the number one killer of women, more than cancers, strokes and other health conditions. The symptoms that women experience are very different from those of men, often including fatigue, difficulty sleeping and shortness of breath. Be aware of the causes and symptoms of heart disease and live a long, healthy life.